

THE Pulse



Our Vision

To provide every patient
with the care we want
for those we love the most

Norfolk and Norwich
University Hospitals
NHS Foundation Trust



Celebrating
150 years of
Cromer & District
Hospital

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Letter



Dear Mr Young,

Earlier this year, I attended Cromer MIU to ascertain whether I had steel or glass fragments in my thumb following an accident with a vice.

When my wife and I arrived at Cromer Hospital, we were greeted by Debbie on the Reception and within minutes, despite the unit being extremely busy, I was called through to the medical unit. I was then met by Richard who took down my details and examined my thumb. Within minutes I was taken by Harvey for the x-ray, and was afterwards met by Guy and Richard who showed me the x-ray results, revealing that there were no visible steel filings or glass fragments.

After my treatment, my wife and I went to the restaurant where we met Sarah and Mary. Again we received the highest standard of treatment and the food was delicious.

The treatment today was with sensitivity, thoroughness, patience and understanding. May we express our deep gratitude to those we have mentioned. They are clearly very great assets to Cromer Hospital and as such very great assets to all patients and their families and friends. We wish them well for the future with you.

Yours faithfully,
M.P. Stamford

Thank you to Mary Northway and the Cromer Community and Hospital Friends

Cromer Community and Hospital Friends Chairman, Mary Northway, has dedicated years of support to Cromer Hospital.

Mary is known for her fundraising efforts within the community and over the years has led her team of 16 in organising a variety of events to raise money for the hospital.

Mary said: “We support the hospital in any way we can, and we’re always welcoming new ideas for charity events. Cromer Hospital showed exceptional care when looking after my late husband and all the funds we raise are a way of saying thank you.”

Over the last five years, funds raised by Cromer Community and Hospital Friends have gone towards cystoscopy equipment to set up a One-Stop Urology service, two additional patient trolleys for the Muriel Thoms Procedure Unit, heat pads for use by patients undergoing chemotherapy treatment, and much more!

Iain Young, Cromer Hospital Operational Manager, said: “Mary and the team have given Cromer Hospital so much support over the years, and on behalf of everyone at the Trust, I would like to say a sincere thank you for all her fundraising efforts.”

Louise Cook, NNUH Fundraising Manager said: “We are very privileged to have had the support of Mary and her team for so many years. Their efforts and enthusiasm to organise all their events and raise so much money is inspiring.”

Anyone looking to support Mary and the Friends of Cromer, please contact Mary on 01263 513835.



Mary Northway

Celebrating the 150th anniversary of Cromer and District Hospital is a marvellous opportunity to reflect on everything that has been achieved here. Rebuilding the new hospital in 2012 was made possible through the kind legacies of Sagle Bernstein and Phyllis Cox.

It was their generosity, combined with the community spirit of the Cromer Community and Hospital Friends led by the extremely capable Chairman Mary Northway, and the commitment of the dedicated staff, who have all made Cromer Hospital the success it is today. Our thanks and congratulations go to all of them.

In these pages you will see a fascinating history of the hospital on pages 4 and 5 and story after story of the innovative services and excellent staff who continue to serve the population of North Norfolk and the surrounding areas.

I am sure you will join me in wishing Cromer and District Hospital as much success for the future as it has enjoyed so far.

John Fry
Chairman
Norfolk and Norwich University Hospitals NHS Foundation Trust

Cromer Hospital hosts 150th anniversary fete

This year marks 150 years of Cromer Hospital and to highlight this milestone, the hospital will be holding an anniversary fete on **Saturday 24th June**. The day will be full of fun activities for all the family to enjoy, and will be held on the main hospital site from **10am-3pm**. The fete is free and is a chance for visitors to help celebrate 150 years of the hospital providing excellent

patient care to the people of north Norfolk and further afield. The day will be officially opened by BBC Radio Norfolk’s Chrissie Jackson and people will be able to enjoy a variety of activities and entertainment including a carousel, a performance by Marlene’s School of Dance, Razz the Clown, the ‘Great Cromer Bake Off’ competition, a car boot sale, a barbecue, an interactive medieval display and much more!

Anita Martins, Matron at Cromer Hospital said: “There will be something for everyone at our anniversary fete and it will be the perfect way to celebrate 150 years of the hospital. Cromer Hospital is so special for many people in the community and we hope to see as many people as possible on the day!”

For further details of the ‘Great Cromer Bake Off’ or to book a car

boot place please contact Alex Hannah on 01603 646266.



Cromer Hospital through the years

Cromer Hospital started providing patient care to the people of north Norfolk from two cottages on Loudon Road.

The original members under the chairmanship of the Rev. F Fitch, were Lady Suffield, Lady Buxton, Mrs Gurney Barclay, Mrs Ketton, Mrs Cooper, Mrs Mott, Mrs Upcher, Mrs Hoare and Mrs Gurney. Miss Colman acted as Secretary and Manager.

The first Matron, Mrs Stokes, was at that time, to be considered thoroughly equipped for her post after three months training in a London hospital and received a salary starting at £20 per annum.

1888

Thanks to the generosity of a Mr Collison, in 1888 a new hospital was built on Loudon Road, giving accommodation for 12 patients, extended by a further eight beds in 1904. These early buildings stand today, the first cottages as a simple dwelling house.

1928

The Old Mill Road hospital was conceived at a public meeting, leading to the election of a committee, which first met in 1929.

On 7th March 1930, Messrs Edward Boardman & Son were appointed as architects and on 16th October 1930 the Rt. Hon the Lady Battersea laid the foundation stone of the building, which was erected by H. Bullen & Son of Cromer.

1932

Cromer & District Hospital was opened on 20th July 1932 by the Dowager Lady Suffield. At the time the plans show that the building comprised an operating theatre, x-ray department, male, female and children's wards, and five private rooms.

1948

With the start of the NHS in 1948, the original management committee continued to run the hospital on behalf of the NHS, until the newly constituted Cromer Area Hospital Management committee took on the task.

The following year, consultant medical staff were appointed and a full range of outpatient clinics became available.

In 1954, a new outpatient building for clinics was opened together with a physiotherapy department.

1978

£100,000 was fundraised over two years by the 'Cromer Allies' group for the 10-bedded Cromer Allies Eye Unit. The unit was opened in 1978.

Three years later in 1981, The Cromer Hospital cook book was published and raised £50,000 which went towards refurbishing the old operating theatre.



The "Daniel Davison" Ward



The Pathological Laboratory. Photo taken from the Cromer Hospital Annual Report 1950-1952



Cromer & District Hospital, 1930s

2010

The Cromer Hospital rebuild was made possible by the £11.4m Sagle Bernstein legacy and the £1.4m Phyllis Cox legacy.



Sagle Bernstein

Construction work started on the new hospital in 2010, and in 2012 the work was completed and Cromer hospital as we see it today opened its doors to its first patients.

Iain Young, Operational Manager at Cromer Hospital said: "Whilst we celebrate 150 years, it is an important time to remember how the generosity of Sagle Bernstein and Phyllis Cox has made such a difference to the community. With the funds, we were able to introduce an ophthalmic operating theatre as well as new diagnostic services including a permanent on-site mammography (breast screening) service, and a DEXA scanner for osteoporosis diagnosis. These services have made such a difference to the number of people who can be treated - and for that Cromer Hospital will be eternally grateful."

2011

Current north Norfolk Governor, Carol Edwards was appointed into her governor role having worked in healthcare since 1970. Carol said: "In 1995 I became Head of Nursing and Education at the Norfolk and Norwich Hospitals, and helped Kate Powell, Matron at that time, to establish the nurse led MIU and the nurse-led ophthalmic service at Cromer Hospital. Then in 2000, I was appointed Deputy Director of Nursing and I continued to make Cromer a priority in my everyday work. I became a Public Governor on my retirement from NNUH."

Carol added: "We are so fortunate to have been left the two legacies. The generosity of Sagle Bernstein and Phyllis Cox has made such a difference to the development of Cromer Hospital."



Carol Edwards, NNUH Public Governor

2014

Keith Jarvis was appointed as the second current north Norfolk governor. Keith said: "Having been involved with Cromer Hospital in a number of roles since 1987, I have seen the hospital's range of clinical services change, with the excellent patient care always remaining at the forefront of everything they do."

Keith added: "A massive congratulations to Cromer Hospital on its 150th anniversary!"



Keith Jarvis, NNUH Public Governor

The historic photos were kindly provided by Brenda Stibbons, a former MIU receptionist at Cromer Hospital. Some were passed down by her mother-in-law, Molly Stibbons, who joined Cromer Hospital in 1950 where she worked for over 30 years. Molly's husband, George, also worked at Cromer Hospital as an Administrator. Other photos were given by Esme Vincent, former Matron at the hospital and Cromer Hospital Porter, Mark Humbles.

A special thanks to Mary Northway, Chairman of Cromer Community and Hospital Friends for assisting with the dates and details for the history of Cromer Hospital.

Plans for portable chemotherapy pump to be introduced at Cromer Hospital

Cromer Hospital will soon be introducing a portable chemotherapy pump service to patients in north Norfolk, which will offer the option for chemotherapy treatment to be given at home rather than in hospital.

Teams at Cromer Hospital have been continuing to look at how chemotherapy care can be enhanced since the treatment was introduced at the hospital in January 2014.

Patients who use the portable chemotherapy pumps will have an initial 30 minute appointment at the Weybourne Day Unit at the N&N, where a PICC line will be connected. A PICC line is a thin, soft, long catheter (tube) that is inserted into a vein. The portable pump then delivers the treatment to the patient over the following 46 hours. The patient can then go back to Cromer Hospital for the line to be disconnected.

Paul Blencowe, Muriel Thoms Procedure Unit Clinical Lead explains the benefits the portable chemotherapy pumps will have for patients in north Norfolk. He

said: "Many patients who need to receive chemotherapy have to dedicate a lot of time travelling to and from hospital and some may feel their life revolves around treatment. Introducing portable pumps means that our patients can receive treatment in an environment more comfortable for them."

Anita Martins, Matron at Cromer Hospital said: "It is fantastic that this service is going to be introduced at Cromer. We are always looking at how we can minimise stress and anxiety for our patients, and the expansion of chemotherapy care shows how dedicated we are to provide excellent patient care."

Dr Daniel Epurescu, NNUH Consultant in Medical Oncology and Lead Clinician for the Chemotherapy Service explains how beneficial this expansion is for NNUH. "Evidently, this expansion will bring greater benefits to both the Trust and to patients. To be more specific, we are implementing a new delivery system for certain chemotherapy agents which will improve efficacy and help patients beat cancer."

Dr Epurescu said: "The portable chemotherapy pumps will mean that patients can receive treatment closer to home, or in an environment most comfortable for them. This encourages a more positive mind-set for the patient receiving such treatment and those who care for them."

New andrology clinic improving patient care in north Norfolk

Patients in north Norfolk have been seeing great improvements in their patient care as a result of the new andrology clinic which was introduced last October.

The satellite clinic, which is based on the Cromer Hospital site, occurs once a month and is available to patients for their follow up appointment.

Andrology is the medical specialty that oversees conditions relating to the male reproductive system. The clinic at Cromer hospital cares for those who have had prostatectomy surgery, or patients who have experienced sexual health problems caused by diabetes such as erectile dysfunction.

The team can assess the patient, prescribe medication, provide emotional care and if needed, refer to counsellors for further support.

Phillip Rustin, Beverley Williams and Stephanie Jeary, NNUH Urology Nurses have been the driving force for the Cromer Andrology clinic.

Phillip said: "We have had a lot of positive feedback about the

clinic. It's a fantastic service that we can offer to the patients in north Norfolk."

People can be referred to the clinic in two ways, either by their GP or through a tertiary referral which is made by consultants at the Norfolk and Norwich University Hospital.

Patients have their first Andrology appointment at the N&N, and the introduction of the Cromer clinic has meant that patients can opt for their follow up appointments to be at Cromer Hospital.

Phillip added: "We're always looking at different ways that we can enhance the patient care given at Cromer. Sometimes a patient needs an alternative to oral medication, so we're looking into providing other treatments at Cromer in the near future, such as vacuum devices and demonstrations."

Iain Young, Operational Manager at Cromer Hospital said: "We're always looking at how we can improve patient care with introductions of new clinics at Cromer. Our patients

are seeing great benefits from this service and we are so pleased that we can offer this andrology service."

Jo Segasby, Divisional Operations Director said: "The launch of this clinic in Cromer demonstrates our commitment to providing accessible and dedicated services and we're delighted that patients are benefiting from it."



Phillip Rustin and Stephanie Jeary, Urology Nurse Specialists

Words from Iain Young, Operational Manager at Cromer Hospital



"As the hospital marks its 150th anniversary this year, it's a perfect opportunity to celebrate just how much we have to offer here at Cromer and District Hospital.

Since the new hospital opened its doors in 2012, activity on the site has increased by 10%. As well as the services mentioned above, the site has implemented lots of other new services over the course of these five years including a One-Stop

Urology service, a regular Chemotherapy service, numerous Nurse-Led Clinics and Qutenza Chilli Patches for Pain Management.

With the increase in population and property development in the local area, we recognise that there is a need to develop more services in the coming years. We are always looking at innovative and different ways to provide care closer to home,

which has been reflected in how much we have expanded over the last five years.

Our team delivers an outstanding facility for the people of north Norfolk. Providing excellent patient care is at the forefront of everything we do at Cromer Hospital and I want to thank all staff both past and present for their fantastic and dedicated work, and to Sagle Bernstein and Phyllis Cox whose generosity will never be forgotten."



**Cromer & District Hospital
team photo 2017**

Services at Cromer Hospital

Over the last 150 years, Cromer Hospital has provided a diverse range of services covering many specialities.

James Hernon, NNUH Consultant Surgeon and Service Director at Cromer Hospital said: "For patients living in north Norfolk, Cromer Hospital is a

fantastic facility which ensures people are able to receive care a lot closer to their doorstep. As the hospital celebrates 150 years of service, it is a great opportunity to highlight just how much is currently on offer."

Mr Hernon said: "The work carried out at Cromer Hospital

really emphasises how patient care is at the forefront of everything we do and we are immensely grateful for all the great work carried out by the different departments across the hospital."

The Bernstein Minor Injury Unit

Cromer hospital has a long history of providing accident care to its local population and visitors alike, dating as far back to the late 1800s.

In the present day, Cromer Minor Injuries Unit is run by Emergency Nurse Practitioners (ENPs), who are experienced nurses and have undergone specific training to assess and treat all forms of minor injury. These injuries include minor head injuries and minor burns to simple wounds, eye conditions and simple fractures.

The team is supported by the x-ray department and computer links to the N&N which allow images to be visualised by senior doctors.

Guy Fiske, Emergency Nurse Practitioner and former Clinical Lead at Cromer MIU said: "As a team, we are very proud to have our Minor Injuries Unit named after someone who has given the hospital so many opportunities."

Guy said: "Over the years, different levels and types of care have been delivered at the hospital by a range of different clinicians including local GPs and Resident Medical Officers on rotation from the N&N A&E

department, to the now ENP-led service."

Currently the ENPs assess, investigate, diagnose, treat, admit, refer and discharge many categories of patients, and they have referral pathways into many specialities.

Guy explained: "Many of our ENPs have experience in busy A&E departments, and they bring their advanced assessment and diagnostic skills to the role."

"Our ENPs initially embarked on a career encompassing the traditional skills of an A&E nurse by acquiring skills such as plastering and suturing but will have added the necessary

theoretical knowledge and skills to treat wounds, interpret x-rays and to manage fractures."

As a nurse-led unit, Cromer MIU sees more than 12,000 patients per year and demand increases when the north Norfolk holiday makers visit the coast in the summer months.

Guy explains: "It's such a pleasure to witness Cromer hospital celebrating its 150th birthday. Our local facility means that we can deal with minor illnesses and injuries, which the local community can rely on. The unit is cherished by the public and our friends and family scores remain high."



From l-r: Alexis Payne, Pete Wegg, Guy Fiske, Dave Emerson.

Radiology

"We offer an invaluable and accessible service in north Norfolk, which is a great benefit for our patients", explains Jill Grimmer, Senior Radiographer at Cromer Hospital.

The radiology services offered at Cromer Hospital include referrals for GP appointments, MRI scanning, bone density scans (DXA), breast screening, ultrasound, a walk-in same day chest x-ray from GP referrals, outpatient clinics to include trauma and orthopaedics and trauma, rheumatology, respiratory and pain relief imaging in theatre.

The x-ray department supports the Minor

Injuries Unit 8am-8pm seven days a week with some additional weekend GP appointments too.

There is a small core team of Cromer radiology staff, who are supported by other staff rotating from NNUH, totalling around 12



Elizabeth Skidmore operating the MRI scanner

radiology staff onsite per day.

Jill said: "There are so many radiology services that our patients can utilise and we are thrilled to be able to offer such extensive facilities."

Elizabeth Skidmore, MRI Radiographer at Cromer said: "Our MRI scanner sees around 28 patients a day, so it is a very busy department, and we are delighted that we can offer these services a lot closer to home."

Elizabeth added: "It's such a lovely atmosphere at Cromer Hospital, which reflects in the excellent patient care that we provide."

The Muriel Thoms Procedure Unit

The Muriel Thoms Procedure Unit is used by patients undergoing minor surgery in the high specification room. These operating sessions include: day case gynaecology, dermatology, pain management, orthopaedic, local anaesthetic plastic surgery and flexible cystoscopy.

It includes six treatment areas where patients can undergo medical treatment such as blood transfusions and bladder chemotherapy.

Anita Martins, Matron of Cromer Hospital said: "It's a superb facility we have here, and we often get people complimenting the team on how

welcoming and professional we all are. Cromer is a small town, and the friendly atmosphere reflects the procedure unit too."

The unit sees approximately 30 patients per day and the team is made up of 12 full and part time staff. The unit is open five days a week. Paul Blencowe, Clinical Lead said: "We're always looking at what new clinics and procedures we can introduce at Cromer that will benefit the local community, for example the introduction of the portable chemotherapy packs at Cromer Hospital."



The Muriel Thoms Procedure Unit team

Dialysis Unit

The Cromer Dialysis Unit treats patients requiring haemodialysis and haemodiafiltration from the north Norfolk area.

It is a nurse-led unit and is made up of 14 dedicated staff who provide care to 25 patients per day, with those patients attending for dialysis three times per week.

Janet Dickenson, Senior Sister explains how beneficial the dialysis unit is for the local Norfolk community. "Patient care is our number one priority and we often get told how friendly the atmosphere is on our small dialysis unit. It is a fantastic local service for our patients."

As a small unit, the team works hard to fundraise and promote community awareness of renal failure and organ donation needs. In addition, their fundraising efforts have also provided social support for patients too, such as theatre trips to Norwich and

a holiday to Bournemouth in September 2016.

Janet said: "As a unit, we pride ourselves on being an easily accessible location for those attending dialysis to make their treatment as comfortable as possible."

Bernie Hodgson, 72, has been receiving dialysis for 15-and-a-half years and was one of the first patients to receive treatment at the new Cromer Hospital when it opened in 2012.

Bernie, who is from Catfield near Great Yarmouth said: "The Dialysis Unit at Cromer has such a calm atmosphere and the team try to make us feel as comfortable as possible when receiving treatment."

Having attended the Bournemouth holiday in September 2016, Bernie said the unit is dedicated to providing a good social atmosphere alongside dialysis. "Janet is fantastic at organising social events. Having this social side

to the care we receive at Cromer means that we can get to know other patients outside the hospital environment."

The dialysis unit is looking for donations to fund another Bournemouth holiday. Please contact fundraising@nnuh.nhs.uk if you would like to support the unit.



Back row l-r: Jane Craske, Kirsten Barrett, Jessica Duff. Front row l-r: Corrine Youngs, Janet Dickenson, Dawn Thorpe

Chaplaincy

The chaplaincy service at Cromer is available to patients of all religions or no religion at all, and provides patients with additional support whilst they are at hospital.

Janet Stewart, Chaplain said: "Sometimes people may be waiting on their own at hospital and this could be an anxious or lonely time for them. I am there to support patients by sitting with them and giving them someone to talk with to help relieve any stress they may have."



Janet Stewart

Janet works as a chaplain across Cromer Hospital. Janet said: "I encourage those who would like to speak with me to contact the Cromer Outpatient reception on Level 1."

Outpatients

The Outpatients department at Cromer Hospital offers a wide range of services to the local north Norfolk community.

The team oversees patient appointments covering many medical specialities including: dermatology, ENT, orthopaedics and the Urology One-Stop clinic. They also offer a phlebotomy service and nurse-led pre-assessment clinics too.

In addition to these, the Cromer Hospital Audiology team has outpatient appointments where patients can get hearing tests, hearing aids and, by appointment, request hearing aid repairs.

Billy Lawson, Cromer Outpatients Lead Charge Nurse said: "Cromer has pioneered and developed some fantastic services recently such as the

new andrology clinic, which have really enhanced patient experience for those living in north Norfolk."

Underpinning the outpatients department is the Patient Services team. The team is made up of 24 administration staff, including receptionists, ward clerks, medical secretaries and waiting list coordinators and one orthotic administrator.

Carrie Moore, Administration Manager at Cromer Hospital said: "Cromer is a very special place to work; we are a team who support each other in providing the best care for our patients, aiming to ensure their visit is a pleasant experience with excellent facilities."

Anita Martins, Matron at Cromer said: "Although their work can often be behind the

scenes, the Patient Services team provides excellent support to our clinical staff and I want to thank them all for everything they do for the hospital."



Carrie Moore, Administration Manager at Cromer Hospital,

Ophthalmology Unit

Cromer Ophthalmology is a busy department and provides care for a large variety of eye conditions which include: cataracts, glaucoma, retinal and vitreoretinal conditions, age related macular degeneration (AMD), diabetic retinopathy, corneal problems, ocular plastics and paediatric eye conditions.

The team is made up of 27 clinical and non-clinical staff, including nurses, nursing assistants and receptionists. In addition to this, consultants, orthoptists and medical photographers visit Cromer each week to see patients in north Norfolk.

On average, the department operates on 180 cataracts per month,

gives 160 injections for AMD and Diabetic Macular Oedema (DMO) per month and do approximately eight ocular plastic cases per month.

Dawn Smith, Deputy Sister for the Allies Ophthalmology Department said: "Because we deal with a very local area,

most of the staff and patients get to know each other and Allies has always been praised with having a very friendly and happy approach. In recent audits we have had 100% patient satisfaction and we constantly receive thankyou cards from grateful patients and carers."

Eye Clinics run every day for all specialities and the team see an average of 880 patients per month.

Dawn added: "The dedicated service from the ophthalmology department is a fantastic asset to Cromer Hospital and the further north Norfolk community."



Dawn Smith, Deputy Sister speaking with a patient

We take a look at the stories of **Yvonne Taylor** and **Paul Brooks**, two members of staff who have both provided long-standing, dedicated work to the hospital. Here, they share their NHS story and their time at the Trust and why Cromer Hospital is so important to the local Norfolk community.

Paul Brooks

"It was Monday the 19th of September 1983 when I joined the team at Cromer Hospital as an Operating Department Orderly. This post involved bringing patients to theatre on their bed and assisting in the operating theatre.

My role progressed and after a few years I was promoted to Senior Technical Officer. Again my title changed and I then became a Senior Theatre Support Worker.

I am a good old Norfolk boy, born and bred in Cromer. I

knew it would be a fantastic opportunity to seize when a vacancy arose at the hospital.

Although the hospital has been rebuilt and the work patterns have changed, it continues to offer an excellent service to our patients. Having a hospital in Cromer is invaluable to the local population, and I can honestly say that my time spent at Cromer Hospital has been thoroughly enjoyable. Over the last 30 years I have made lifelong friends, and the memories I have of Cromer Hospital will last forever!"



*Paul Brooks,
Senior Theatre
Support Worker*

Yvonne Taylor

"I had my tonsils taken out at Cromer hospital when I was about eight years of age, and I think the loving care I received there inspired me to be a nurse. I have always enjoyed taking care of others.

I'm Norfolk born and bred, and was working as a nursing auxiliary at Kelling hospital in 1981 when I applied for the State Enrolled Nurse training. I was accepted and in January 1982, became one of the last nurses to be trained on the Cromer Circuit. This circuit involved working at Cromer for surgical placement, Aylsham for medical and Norwich for paediatric placement and classroom sessions.

I remember the thing patients loved the most was the tea trolley, dishing out teas and

coffees made as strong or weak as requested by the smiling orderlies. The night staff made the final drinks at 9.30pm - Horlicks with frothed milk was a soothing end to the patient's day.

In 1997, I commenced my conversion course to train to become an SRN or Staff Nurse and over the years, I worked on Davison Ward, the previous Endoscopy unit which used to be at Cromer and in 2010 I moved to the Allies Ophthalmology Department.

Working at Cromer has meant that I have grown with many of the people who still work here too including Dawn Smith and Shirley Partridge. Cromer hospital is very dear to me and is a real benefit to the local community. Our patients love

their 'local' and are always telling me how they feel so grateful to have it here. Mrs Bernstein and Mrs Cox are forever being sent blessings."



*Yvonne Taylor,
Staff Nurse*

NNUH staff take on Cromer to Crest challenge

Members of staff at Cromer Hospital are taking on an epic challenge by cycling the distance to Cromer's twin town, Crest, Southern France. The cycle ride is to mark Cromer Hospital's 150th anniversary and money raised will go towards the Cromer & District Hospital Charitable Fund.

The bikes will be set up in the atrium at the main hospital and the cycle will take place over the course of a week from Monday 19th June to Friday 23rd June, where the team will be covering a total of 777 miles.

Iain Young, Cromer Operational Manager, who will be covering a big part of the distance said: "It's going to be a big challenge, but we thought it would be a great way to not only highlight 150 years of Cromer Hospital but also to raise money for the hospital charity. Please do support us - any donations are very much appreciated!"

Louise Cook, NNUH Fundraising Manager said: "My thanks go to Iain and the team for taking on a massive challenge for such a fantastic cause and to Victory Swim & Fitness for loaning us the bikes. It is a lovely way to celebrate 150 years of providing excellent patient care in north Norfolk, and money raised from this event will help improve facilities for patient and visitor experience at the hospital. Happy anniversary Cromer Hospital!"

If you would like to support the Cromer to Crest challenge, please head to their fundraising page: uk.virginmoneygiving.com/thebigcromercycle



From l-r: Paul Brooks, Pete Wegg, Iain Young, Guy Fiske, Colin Jeckell

Photo credit: Mike Robinson

Cromer & District Hospital 150th Anniversary Fete



**Join us in celebrating
150 years of Cromer &
District Hospital!**

- Official opening by BBC Radio Norfolk's Chrissie Jackson
- Children's games
- Carousel
- Display of medieval armour for both adults and children to try on
- Marlene's School of Dance
- The 'Great Cromer Bake Off'
- Razz the Clown
- 150 year anniversary display
- BBQ
- Raffle
- Car boot
- Craft stalls

**Saturday
24th June**

10am-3pm

For more
information about
'The Great Cromer
Bake Off' or to book
a car boot space
(£5) contact
Alex Hannah on
01603 646266

